



# GROUP EXERCISE

Group exercise classes are sure to help your overall wellness, strength, and flexibility. All classes are adaptable and can be modified for any level of fitness. Let our certified instructors show you how you can get a better night's sleep, more energy throughout the day, and help control stress. As a member of The CORE, group exercise classes are free and included with your membership. Non-members of the center are welcome to join any of our classes for a small daily use fee.

**Aquacise**—This class offers a quality cardiovascular workout which, due to being in water, is easy on the joints and muscles. **Deep Water**

**Aquacise** will be offered during the summer months in the outdoor pool.

**Please see special printout for July Aquacise Schedule on back.**

**Belly/Latin Fusion**—Is a fusion of Latin and International music that creates a dynamic, exciting, and effective workout.

**Cardio Yoga Fusion**—This revolutionary fusion of balance, strength, flexibility and heart health is the all-in-one yoga practice that we all have been waiting for! This practice incorporates unique yoga-inspired intervals that boost the metabolism!

**Mix-It-Up**—These classes are a mix of different types of workouts using muscle training, cardio, and step aerobic workouts.

**Muscle Flex**—This class works every muscle group by using weighted barbells and other varying means of cardiovascular workouts.

**Pilates**—Each session is a full-body workout emphasizing form and proper body alignment to increase strength, muscle tone, flexibility, coordination, and balance, with unlimited opportunity for advancement.

**Serenity Now Workshops** - Next sessions begin Fall 2015.

**Spin Fitness**—Spinning burns serious calories (about 450 in 45 minutes) and offers an awesome aerobic workout that makes your heart pump fast. It also tones your quadriceps (front thigh muscles) and outer thigh muscles like nobody's business! *Next session begins late summer 2015.*

**Spin Fusion**—Half the class will be work on cardio doing Spin Fit with the other half incorporating different exercise formats to build strong core muscles.

**TRX Functional Training**—Leveraging your own body weight, suspension training allows you to use multiple muscle groups at the same time to achieve the most efficient total body workout. The RIP Trainer, which is a part of the TRX system, employs a resistance cord system to create an unbalanced load that enables you to develop core strength, explosive power, and provides rotational movement. Together the TRX and RIP trainer provide a unique mix of exercises that develop and improve core strength, coordination, balance, stability, endurance, and flexibility. This moderate to high intensity interval class focuses on building true functional strength by using "All Core, All the Time". Although this class primarily uses the TRX system, it also incorporates other pieces of equipment, such as the Bosu, medicine balls, kettle bells, battling ropes, and dumbbells to enhance your workout.

**Yo-Lates**—A fusion of yoga and pilates mixed together with a shot of espresso! Exercises will focus on posture and core stability to create symmetry, along with flexibility and strength.

**Yoga**—Encourages the mind and body connection and helps to relieve stress, improve breathing and mental focus, and to build strength, stamina, balance, and flexibility.

**Zumba, Zumba Toning, Zumba + Abs**—Hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

## GROUP EXERCISE SCHEDULE

July 5-31, 2015

*\*5:30 AM classes Monday thru Friday* are cancelled due to lack of participation. For your early morning workout, please speak with Fitness Attendant about **Fitness On Demand**. Pick the class format you want with your same group of workout buddies that you have been working out with. A virtual instructor will guide you through your workout!

### Monday

8:00 AM	Pilates	Studio 1	Temporarily Canceled
9:15 AM	Muscle Flex	Studio 1	McKenzie E.
10:30 AM	Yoga	Studio 1	Chris M.
5:00 PM	Belly/Latin Fusion	Studio 1	Miranda C.
6:15 PM	Spin Fusion	Studio 2	Janet S.
7:30 PM	Yoga	Studio 1	Janet S.

### Tuesday

8:00 AM	Spin Fitness	Studio 2	*Virtual Instr.
8:00 AM	Pilates	Studio 1	Janet S.
9:15 AM	Muscle Flex	Studio 1	McKenzie E.
12:00 PM	Yoga	Studio 1	TBA
6:00 PM	Yo-Lates	Studio 2	Temporarily Canceled
6:00 PM	TRX Functional Training	Studio 1	McKenzie E.
7:30 PM	Zumba + Abs	Studio 1	Sharon M.

### Wednesday

8:00 AM	PiYo	Studio 1	Temporarily Canceled
9:15 AM	Yoga	Studio 1	Gloria P.
11:30 AM	TRX Functional Training	Studio 1	McKenzie E.
12:30 PM	TRX Functional Training	Studio 1	McKenzie E.
6:00 PM	Zumba Toning	Studio 1	Miranda C.
7:30 PM	Yoga	Studio 1	Lucinda B.

### Thursday

6:00 AM	TRX Functional Training	Studio 1	McKenzie E.
8:00 AM	Spin Fitness	Studio 2	*Virtual Instr.
8:00 AM	Pilates	Studio 1	Janet S.
9:15 AM	TRX Functional Training	Studio 1	McKenzie E.
10:45 AM	Belly/Latin Fusion	Studio 1	Miranda C.
12:00 PM	Yoga	Studio 1	Chris M.
5:30 PM	Cardio Yoga Fusion	Studio 1	Natalie C.
6:15 PM	Spin Fusion	Studio 2	Janet S.

### Friday

8:00 AM	Spin Fitness	Studio 2	*Virtual Instr.
8:00 AM	Muscle flex	Studio 1	Temporarily Canceled
9:15 AM	Yoga	Studio 1	Gloria P.

### Saturday

8:00 AM	Zumba	Studio 1	Sharon M.
8:00 AM	Yoga	Studio 2	Janet S/ Chris M
9:15 AM	TRX Functional Training	Studio 1	McKenzie E.
10:30 AM	Zumba Toning	Studio 1	Miranda C.

### Sunday

2:00 PM	Zumba + Abs	Studio 1	Sharon M.
---------	-------------	----------	-----------

Temporarily Canceled: Classes will resume as we find instructors to teach the classes. Announcements will be made at the check-in desk and in the group exercise studios as soon as classes are able to resume.

Classes are subject to change. Changes will be posted at the Front Desk. We apologize for any inconvenience. If you can't find a class that meets your schedule, check out **\*FITNESS ON DEMAND**. Classes when you want them and what format you want. Please see Fitness Attendant for details.





## AQUACISE EXERCISE SCHEDULE

July 6-31, 2015

\*Due to shortage of instructors and vacationing others, we will have a limited aquacise class schedule for this month. We hope to be back to the regular full schedule in August.

Monday, July 6	9:15 AM
Tuesday, July 7	9:00 AM (Senior Center Members Only)
Tuesday, July 7	7:15 PM
Saturday, July 11	9:00 AM
Monday, July 13	9:15 AM
Tuesday, July 7	9:00 AM (Senior Center Members Only)
Tuesday, July 14	7:15 PM
Thursday, July 16	7:15 PM
Friday, July 17	9:00 AM
Friday, July 17	10:00 AM (Senior Center Members Only)
Saturday, July 18	9:00 AM
Monday, July 20	9:15 AM
Tuesday, July 21	9:00 AM (Senior Center Members Only)
Tuesday, July 21	7:15 PM
Saturday, July 25	9:00 AM
Monday, July 27	9:15 AM
Tuesday, July 28	9:00 AM (Senior Center Members Only)
Thursday, July 30	7:15 PM
Friday, July 31	9:00 AM
Friday, July 31	10:00 AM (Senior Center Members Only)
Saturday, August 1	9:00 AM

